

# BODY FAT CONTENT WORKSHEET (Male)

For use of this form, see AR 600-9; the proponent agency is DCS, G-1.

## PRIVACY STATEMENT

**AUTHORITY:** 10 U.S.C. 7013, Secretary of the Army; Department of Defense Instruction 1308.3, DoD Physical Fitness/Body Fat Program Procedures; Army Regulation 600-8-104, Army Military Human Resource Records Management; [Army Regulation 600-9, The Army Body Composition Program](#).

**PRINCIPAL PURPOSE:** To establish a method for Soldiers to utilize the one site circumference-based tape test. Soldiers who score a 465 or more on the Army Fitness Test (AFT) are in compliance with the Army body fat standard IAW AD 2025-17 and AR 600-9. See the System of Records Notice A0600-8-104 AHRC, Army Personnel Systems (APS) <https://www.federalregister.gov/documents/2019/07/18/2019-15242/privacy-act-of-1974-system-of-records>.

**ROUTINE USES:** For Soldier's use of the one site circumference-based tape test and the supplemental body fat assessment.

**DISCLOSURE:** Failure to complete this form with the information requested impedes the effective management of care and support required by the procedures of the Army's Body Composition Program.

**Soldier scored a 465 or more on the AFT and is in compliance with the Army body fat standard IAW AD 2025-17 and AR 600-9.**

**Preparer's Initials:** \_\_\_\_\_

|   |       |                           |       |                               |
|---|-------|---------------------------|-------|-------------------------------|
| NAME (Last, First, Middle Initial)  |       | RANK                      |       | NOTE:                         |
| HEIGHT (to nearest 0.50 inch)   |       | WEIGHT (to nearest pound) |       | ½" = .50                      |
|   |       | AGE                       |       |                               |
| STEP  | FIRST | SECOND                    | THIRD | AVERAGE (to nearest 0.50 in.) |
| 1. Measure abdomen at the level of the navel (belly button.)<br><b>Round down</b> to the nearest 0.50 inch. Repeat three times, then average to the nearest 0.50 inch.  |       |                           |       |                               |
| 2. Enter the average abdominal circumference.   |       |                           |       |                               |
| 3. Weight factor. Enter the weight to the nearest pound.  |       |                           |       |                               |
| 4. Determine percent body fat by finding Soldier's abdominal circumference value (value listed in STEP 2) and weight in pounds (value listed in STEP 3) in <a href="#">AR 600-9</a> figure B-1. The percent body fat is the value that intercepts with abdominal circumference value and weight in pounds as listed in <a href="#">AR 600-9</a> figure B-1. This is the Soldier's PERCENT BODY FAT.<br><br>-or-<br>Calculate body fat percentage. See <a href="#">AR 600-9</a> Table B-5 for sample body fat calculations.<br>Body Fat % = -26.97 – (0.12 x body weight in pounds) + (1.99 x abdomen circumference in inches) |       |                           |       | BODY FAT PERCENTAGE           |
| 5. Supplemental Body Fat Assessment results, if applicable.<br><br>Name of Authorized Supplemental Body Fat Assessment Machine/Equipment:<br><br>Location/Facility of Authorized Supplemental Body Fat Assessment Machine/Equipment:<br><br><a href="#">AR 600-9 Table B-2</a><br>Maximum allowable percent body fat standards<br><div> <div>Age group: 17-20<br/>Male (% body fat): 20%</div> <div>Age group: 21-27<br/>Male (% body fat): 22%</div> <div>Age group: 28-39<br/>Male (% body fat): 24%</div> <div>Age group: 40 and older:<br/>Male (% body fat): 26%</div> </div>  |       |                           |       | BODY FAT PERCENTAGE           |

REMARKS

## CHECK ALL THAT APPLY

- ☐ Individual is in compliance with Army Standards.
 ☐ Is not in compliance with the standards. Recommended monthly weight loss is 3-8 lbs. or 1% body fat.

|   |      |                 |  |      |                 |
|---|------|-----------------|--|------|-----------------|
| PREPARED BY<br>(Printed Name and Signature) | RANK | DATE (YYYYMMDD) | APPROVED BY SUPERVISOR<br>(Printed Name and Signature) | RANK | DATE (YYYYMMDD) |
|   |      |                 |  |      |                 |